

ST. GEORGE ACTIVE LIFE CENTER

For Active Adults | 60+ Forever Young

CENTER INFORMATION

245 N. 200 W.

St. George, UT 84770

phone: 435.634.5743

web: <http://>

coa.washco.utah.gov/st-george/

Facebook: <https://>

[www.facebook.com/](https://www.facebook.com/StGeorgeActiveLifeCenter/)

[StGeorgeActiveLifeCenter/](https://www.facebook.com/StGeorgeActiveLifeCenter/)

HOURS

Tuesday -Friday

9:00 am - 4:00 pm

(Closed Saturday thru Monday)

LUNCH

BEGINNING MAY 4TH

Tuesday -Friday

11:30 am -12:30 pm

Suggested Donation \$3.00

THRIFT SHOPPE' AND BOUTIQUE

Tuesday -Friday

9:30 am - 1:30pm

We take donations!

CENTER STAFF

Supervisor: Jeanie Johnson

Meals on Wheels: Linda

Dial-a-Ride: Deanna Bringham

Director: Jacob Browning



June 2021

BIG NEWS—ZUMBA IS BAAAAACK!

When: Fridays from 10-11:00 AM; class taught by Claudia, a certified instructor. She writes, "Hi, my name is Claudia and I can't wait to share my passion for Zumba Fitness with you! I'm originally from California, and I have been a Zumba Instructor for 5 years. I am licensed in many Zumba formats including Gold, Toning, Aqua, Kids and Kids Jr. I recently moved to the St. George area from Las Vegas, NV,



where I was teaching regularly for the past 4 years. I love to learn about different cultures through dance and bring people together to have fun and keep active.

"I believe one of the keys to a happy and healthy life is to keep moving! In Zumba, we will be dancing to a mix of fun Latin rhythms and World music. You do not need to know the steps, just be willing to try! Can't wait to meet you on the dance floor, where every class is a party! The only thing missing is you! Zumba, let's go!"

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INDEPENDENT * ASSISTED * MEMORY CARE

Our community features an environment rich in daily activities; all day restaurant style dining; 24-hour staffing & emergency response; shuttle and appointment transportation; housekeeping & laundry services; beauty salon & barber shop; gym & exercise programs; library & garden areas!



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Need a ride to a medical appointment, to pick up a prescription or groceries?

CALL DIAL-A-RIDE

435-256-6343

Between 8:00 am—12:00 pm, or leave a message anytime!



Transportation Available
Tuesday through Friday
9:30 am—2:30 pm

**PLEASE SCHEDULE AT LEAST
THREE DAYS IN ADVANCE!**

SUGGESTED DONATION:

\$3.00 ONE WAY, or \$5.00 ROUND TRIP.

Please State Clearly:

- 1) First & last name, telephone number, and home address.
- 2) Date & time you would like to be picked up at home.
- 3) Destination name, with complete address.
- 4) Appointment time (if applicable).
- 5) Time you would like to be picked up and taken home.
- 6) Any special condition such as mobility aids or personal attendant travelling with you.

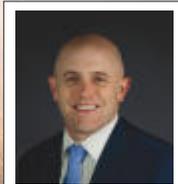
ZION EYE INSTITUTE



Jason Ahee, M.D.
Cataract/Lasik Surgeon



Jayson Edwards, M.D.
Corneal/LASIK/Cataract Surgeon



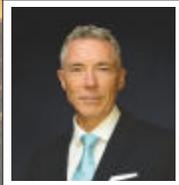
Derrek Denney, M.D.
Cataract/Lasik Surgeon



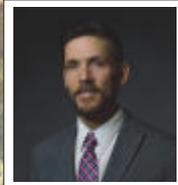
Joshua Schliesser, M.D.
Pediatric Eye Specialist/ Surgeon



Jeffrey Ricks, O.D.
Optometrist



Jason Hauck, O.D.
Optometrist



Matheson Harris, M.D.
Oculofacial/Reconstructive Surgeon



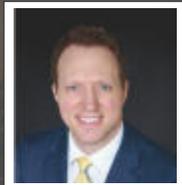
Jason Wickens, M.D.
Vitreoretinal Surgeon

Zion Eye Institute

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and Mesquite Locations.



Rick Nordgren, M.D.
Vitreoretinal Surgeon

435-656-2020

www.zioneye.com



PALLIATIVE CARE: HEALTHCARE'S MISSING LINK



Palliative care is healthcare's latest buzzword, but the term remains poorly defined to the general public. Most people associate it with end-of-life care, like hospice, but it covers a much broader spectrum of services. Palliative care focuses on improving overall quality of life for any person struggling with a chronic disease, and addresses the needs of the patient, regardless of prognosis.

Navigating the healthcare system has become increasingly more complicated. It is not uncommon for people to see a primary care physician and also specialist physicians for specific conditions or procedures. This causes many patients to feel overwhelmed and unsure of options.

According to the CDC, 6 out of 10 adult Americans are living with a chronic disease, and 40% have two or more chronic illnesses. In response to this alarming trend, palliative care was developed to provide support for this underserved population. The New England Journal of Medicine cites studies that show, "persons receiving palliative care in community settings have had longer survival than community-dwelling persons with the same diagnosis who are not receiving palliative care."

Generally, a palliative care team is composed of a Nurse Practitioner, Nurse Navigator, and Social Worker. Depending on the health setting, ancillary team members may also be available. They work with each patient's existing care team to coordinate care between physicians, provide education to the patient and family, and establish goals of care. It is vital that each patient and their family are engaged in their care and well-informed of decisions made regarding their health.

Community palliative care is provided in the patient's

home to reduce visits to a clinic or lab. The benefits of having monthly in-home visits from a Nurse Practitioner and Nurse Navigator are numerous. It provides an opportunity to be proactive in care and avoid unnecessary complications, like emergency room visits or hospitalizations.

Conditions that qualify someone to receive palliative care include Alzheimer's disease, cancer, chronic obstructive pulmonary disease (COPD), heart failure, kidney failure, Parkinson's disease, and many more. Physical and psychological symptoms are addressed, including pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, depression, anxiety, and difficulty sleeping.

Dixie Palliative Care is a licensed palliative care program that provides monthly in-home nurse practitioner visits, as well as routine nursing care and social work support. They will not make you feel like another number being rushed through the system. Dixie Palliative Care understands the value of building a relationship with each client and their family to deliver real, meaningful care. When patients understand their diagnosis and are involved in their care, there are better outcomes.

Please reach out to Dixie Home Rehab, Palliative, and Hospice at (435) 673-2051 for a free consultation or with further questions. Additionally, that phone number provides 24/7 nursing support. Let Dixie Palliative Care help improve your quality of life so you have more time to spend with your loved ones.

Logan Winterton, RN, BSN



The Area Agency on Aging is pleased to announce two upcoming events for Medicare beneficiaries.

WELCOME TO MEDICARE VIRTUAL FAIR JUNE 23, 2021 | 1:00PM TO 5:00PM

Learn about signing up for Medicare! Go to www.shiphelp.org for more details, to see the agenda, and to register. This fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. There is no cost to attend. Join us online for any length of time! There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for answers to your individual questions.

TOP MEDICARE AND SENIOR RELATED SCAMS Wednesday July 14, 2021 10:00 AM

Speakers:

- Kerry O'Brien, Assistant Director for the Federal Trade Commission Western Region San Francisco
- Darren Hotton, Utah Division of Aging and Adult Services SMP Program Director

Register in Advance for this Zoom Webinar at: https://us02web.zoom.us/webinar/register/WN_zYYDA5aiT1ya1KziD4dlkw If you would like more information about these events or other Medicare information, contact the Area Agency on Aging – Five County at (435)673-3548.

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6 For Your Health

DOING THIS JUST 3 TIMES PER WEEK COULD REDUCE YOUR DEMENTIA RISK



We know that aerobic activity is important for muscle strength, a healthy heart and to give your lungs a workout. Scientists are discovering another fascinating way something as simple as walking can improve your health: by increasing blood flow to your brain, which may, in turn, lower your risk for dementia.

When 70 men and women between age 55 to 80 with diagnosed mild memory loss followed a specific exercise program for one year, the blood flow to their brains increased, according to a March 2021 study in the *Journal of Alzheimer's Disease*.

And this news might hit home to more of us than you'd imagine: As many as one in five people 65 and older experience some form of mild cognitive impairment (MCI), which might affect memory, decision-making, or reasoning skills. In many cases, MCI progresses to dementia, including Alzheimer's disease.

Participants in the study by researchers at UT Southwestern were randomly assigned to one of two groups for 12 months:

- 3 to 5 weekly stretching sessions, each lasting 30 to 40 minutes
- 3 to 5 weekly brisk walks, each lasting 30 to 40 minutes

Both groups were supervised by exercise physiologists for the first four to six weeks, then the participants logged their own workouts and wore a heart rate monitor as they exercised.

Among those who completed the study and fell in the aerobic group, they displayed less stiff blood vessels in their necks and had more blood flow to their brains. Those who stretched didn't experience similar changes.

"There is still a lot we don't know about the effects of exercise on cognitive decline later in life. MCI and dementia are likely to be influenced by a complex interplay of many factors, and we think that, at least for some people, exercise is one of those factors," says C. Munro Cullum, Ph.D., professor of psychiatry at UTSW and co-senior author of the study.

It's too soon to say from this study if the increased blood flow might directly impact memory or other cognitive function, but an increase in blood flow could precede changes to cognition, the researchers say. This finding will help direct their future research.

"This is part of a growing body of evidence linking exercise with brain health," says study leader Rong Zhang, Ph.D., professor of neurology at UTSW. "We've shown for the first time in a randomized trial in these older adults that exercise gets more blood flowing to your brain."

Earlier research proved that less blood flow to the brain is correlated to dementia, and other studies have hinted at the fact that regular aerobic exercise might boost cognition and memory later in life. More deep-dives are needed to make a direct link and to prove that exercise is the cause for these brain-boosting effects.

"Having physiological findings like this can also be useful for physicians when they talk to their patients about the benefits of exercise. We now know, based on a randomized, controlled trial, that exercise can increase blood flow to the brain, which is a good thing," Zhang says.

(Article from Eatingwell.com, <https://www.eatingwell.com/article/7900300/walking-just-3-times-per-week-might-reduce-dementia-risk/>)

AARP Driver Safety Class—Driving class has been canceled until September 2021.

9:00 am—1:00 pm. For more information, contact Victor Lorch at (435) 772-5620. Class size is limited. NO WALK INS!

Dixie Poets

1st and 3rd Tuesdays at 1:30—3:30pm

Free Attorney Service

Wednesday, June 2nd at 2:00 pm; Thursday, June 10th at 1:30 pm; Thursday, June 24th at 1:30 pm. Please make an appointment with Linda.

Ladies Bridge

3rd Thursday of each month from 12:00—4:00 pm.

Long-term Medical Question

Get some answers to your questions regarding long term medical care and insurance, 1ST Wednesday of month 12:30 \$1.00

Parkinson's Meeting

For caregivers and people with Parkinson's. 3rd Wednesday of the month at 10:30 am.

LECTURES AND EVENTS

Love One Another Class

Taught by Pat Sapio, this event will be held May through August. Starting Thursday May 6th @10:00 -11:30 am. More information on page 15.



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ST. GEORGE Musical Theater
2021 SEASON

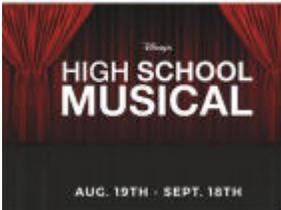
SOUTHERN UTAH'S PREMIER COMMUNITY THEATER
Showtimes at 7:30pm, Matinee at 2pm
Historic Opera House 212 N. Main St. • St. George, UT.



THE SECRET GARDEN
JAN. 14TH - FEB. 20TH



BEST OF BROADWAY 2
MAR. 4TH - APR. 10TH



HIGH SCHOOL MUSICAL
AUG. 19TH - SEPT. 18TH



39 STEPS
OCT. 7TH - OCT. 30TH



ANNIE GET YOUR GUN
APR. 29TH - MAY. 29TH



SOUTH PACIFIC
JUNE 24TH - JULY 24TH



WHITE CHRISTMAS
THE MUSICAL
NOV. 18TH - DEC. 18TH

PURCHASE TICKETS AT SGMT.ORG

| CLASS | DESCRIPTION | DAY(S) | TIME | DONATION |
|---------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------|-------------|----------|
| Acrylics Painting | Learn interesting techniques to paint photo-realistic style art, using acrylic paints. All levels welcome. | Wednesday | 1:00—3:30 | \$2.00 |
| Arthritis Foundation Exercise Program | Activities also include endurance-building activities, balance exercises, and relaxation techniques. | Tuesday | 10:45-12:00 | \$1.00 |
| Ballet | Beginning ballet consists of barre exercises to improve core strength, flexibility, and coordination. | Thursday | 11:00—12:15 | \$1.00 |
| Billiards (open play) | We have two billiards tables available. | Tuesday—Friday | 9:00—3:55 | \$1.00 |
| Bingo (60+ only) | Join us for fun rounds of bingo! You must be 60 or older to play. | Friday | 10:00—11:30 | — |
| Blood Pressure/ Sugar Screening | Please be fasting for sugar screening test.. | Thursday | 9:00—11:00 | - |
| Cardio Drumming | This fun class is a full-body cardio and core strengthening workout, complete with rhythmic drumming. | Thursday | 9:00—10:00 | \$1.00 |
| Ceramics | Bring your own bisque or green ware, or purchase items in class. We have our own kiln. All levels welcome. | Tues/Wed/Thurs/Fri (open) no instructor | 9:00—3:55 | \$2.00 |
| Computer Support | This is a drop-in clinic for anyone that needs help with computers. | Tuesday—Friday | 9:00—11:30 | \$2.00 |
| Five Crowns Card Game | Five Crowns is a progressive rummy-style game that has five suits. | Wednesday | 12:00—1:30 | \$1.00 |
| Grief Support Group | A safe place to express feelings and thoughts as well as learn healthy coping mechanisms. | Wednesday | 2:00—3:30 | \$1.00 |
| Hand and Foot/ Rummikub/Skip-Bo | A Canasta variant involving four to six decks rather than two and is played by teams of two players. | Wednesday and Friday | 9:00—11:30 | \$1.00 |
| Knitting and Crocheting | Meet other like-minded people and turn your yarn into something spectacular. Any handiwork. | Tuesday | 1:00—3:00 | \$1.00 |
| Line Dancing— Advanced | This is the most difficult level of line-dancing classes we offer. | Thursday | 1:30—3:30 | \$1.00 |
| Line Dancing— Beginning | We do all kinds of line dances to all different kinds of music. Tempos range from the cha-cha to the waltz. | Wednesday | 9:00—10:30 | \$1.00 |
| Line Dancing— intermediate | Same as beginner level, but with dances rated "improver" or "high beginner." | Tuesday | 9:00—10:30 | \$1.00 |
| Oil Painting | This class is for all levels of painters. Work on projects, learn new techniques. | Tuesday | 9:00—3:00 | \$2.00 |
| | | | | |

Activities List

9

| CLASS | DESCRIPTION | DAY(S) | TIME | DONATION |
|------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------|-----------------------|-------------------|
| Party Bridge | A trick-taking game using a standard 52-card deck. | Wednesday & Friday | 12:00—3:00 | \$1.00 |
| Pickleball | Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. | Wednesday—Friday | 1:30—4:00 | \$1.00 |
| Pinochle | A trick-taking card game typically for two to four players and played with a 48 card deck. | Wednesday & Thursday | 12:30—3:00 | \$1.00 |
| Social Singles | This is a group for planning friendship-based outings with other seniors. | Friday | 12:30—1:30 | \$1.00 |
| Stretch Class | Gentle stretching for the entire body, head to feet. | Thursday | 10:00—11:00 | \$1.00 |
| Stretch and Relaxation | Stretching and relaxing (replaces Healthy Posture) | Tuesday | 2:30—3:30 | \$1.00 |
| Table Tennis | Paddles are provided. We have tables available. | Tuesday | 9:00—12:00 | \$1.00 |
| Tai Chi | This is a great class for beginners and involves gentle stretching, breathing, and meditation in motion. | Wednesday | 10:30—11:30 | \$1.00 |
| Tai Chi (5 County) | Teaches basic elements of Tai Chi. Sign up with 5 County (see page 14) | Thursday | 1:00—2:00 | Free |
| Tap—Beginning | Will resume in September | Wednesday | 12:30—1:30 | \$1.00 |
| Tap—Intermediate | Will resume in September | Wednesday | 1:30—2:30 | \$1.00 |
| Tap—Advanced | Will resume in September | Wednesday | 2:30—3:30 | \$1.00 |
| Ukulele Class | Learn to play the ukulele with an experienced instructor. | Thursday | 2:00-3:00 | \$1.00 |
| Watercolor Painting | From beginner to advanced painters are welcome in this class. | Thursday | 11:30—3:30 | \$2.00 |
| Whole Life Fitness | New fitness class (Replaces Cardio Fit & Dance) | Tuesday | 1:30-2:30 | \$1.00 |
| Wii Bowling | Players interact with the gaming system by a remote control to simulate playing sports or engaging in exercise. | Thursday | 1:00—2:00 | \$1.00 |
| Yoga | Yoga combines physical and mental disciplines to achieve a peaceful and strong body and mind. | Tuesday | 9:00—10:00 | \$1.00 |
| Yoga (Gentle Stretch) | Similar to regular yoga with an emphasis on stretching. | Friday | 9:00—10:00 | \$1.00 |
| Zumba | A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. | Friday | 10:00—11:00 | \$1.00 |


 FreeDailyCrosswords.com

Solution on page 11

ACROSS

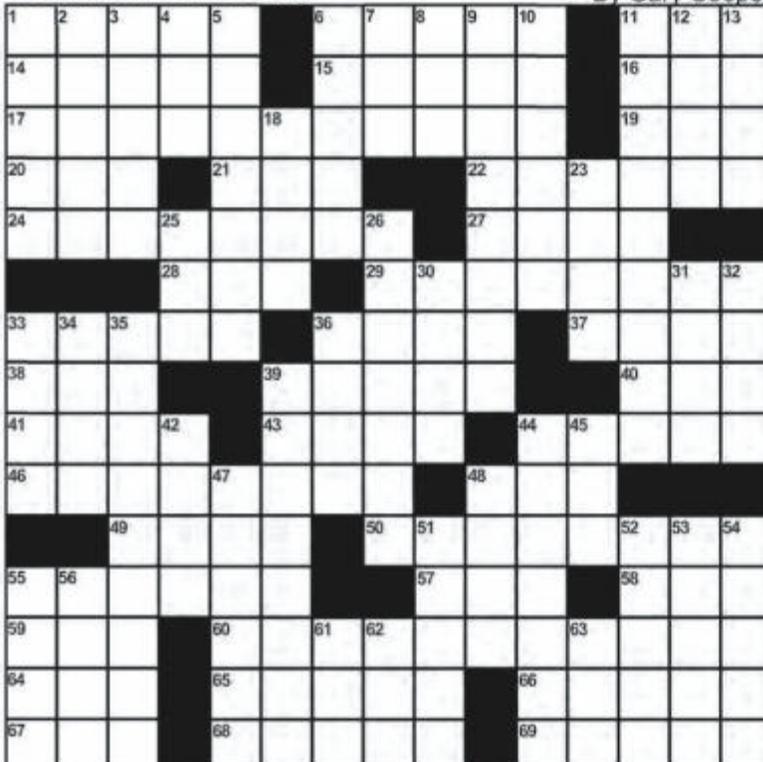
- | | |
|-------------------------------------|---------------------------------------|
| 1) Galley drudge | 40) Like some martinis |
| 6) Carnival dance | 41) Open to breezes |
| 11) Nest egg abbr. | 43) Successor |
| 14) A Muse | 44) Spade work? |
| 15) Bouts of chills | 46) Country home site |
| 16) French refusal | 48) Hunk's pride |
| 17) Bittersweet plants | 49) Vocational identifiers |
| 19) Set of parts to assemble | 50) Shower unit? |
| 20) Contact site | 55) Particular region's plants |
| 21) Boxing legend | 57) Major broadcaster |
| 22) Ship area, to a bo's'n | 58) Call of Duty: Black ____ |
| 24) Laundry items of yore | 59) Couple's pronoun |
| 27) More than walk | 60) Sewell's horse |
| 28) "____ the ramparts ..." | 64) "____ Howdy Doody time!" |
| 29) Like a narrow mind | 65) Not barred |
| 33) Got one's feet wet? | 66) Upper-level storage area |
| 36) Word with "circus" or "flicker" | 67) Two-time U.S. Open winner Trevino |
| 37) ____-jerk reaction | 68) Wear away |
| 38) Bit of history | 69) Parasite |
| 39) Surrenders, as land | |

DOWN

- 1) Extend a subscription
- 2) Some Hindu people
- 3) They may be raised after striking
- 4) Old verb ending
- 5) Did a tire-maintenance job
- 6) Title of respect in colonial India
- 7) Turkish bigwig
- 8) Wet dirt
- 9) Old-fashioned cold remedies
- 10) Distribute into categories
- 11) Former desk features
- 12) Move turbulently
- 13) Start a poker pot
- 18) Hurtful remark
- 23) Bubbly popper
- 25) Tilling tool
- 26) Army person
- 30) At no time, in verse
- 31) Parrot's beak part
- 32) Stevie Wonder strikes them
- 33) Prosperity
- 34) Song that might have trills
- 35) Unlikely winner
- 36) Prepare a meal for
- 39) Crook
- 42) Calendar's scope
- 44) Keep it hush-hush
- 45) Interject
- 47) Shetlands' shelter
- 48) Variety of lettuce
- 51) Sprain locale
- 52) What a travel planner plans
- 53) Kind of nerve
- 54) College major, for short
- 55) Fencing weapon
- 56) Pear-shaped stringed instrument
- 61) Back in time
- 62) Certainly not a gentleman
- 63) Gourmandized

TURN OUT THE LIGHT

By Gary Cooper



GARDENING

Solution on page 11

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

```

F L O W E G E R M I N A T E
R S S E L B A T E G E V T A
R E R Y W O R G E S S R T L
F F U A L N S B U S O T I O
L H R D O S I N E W E O O T
S O K U A A S A E E S E H T
H E A R I H S L R T S G D H
R E G Y I T H A N V I H E S
U N R N E I T H E N E A R R
B E E E M O T I D O N R S E
S N O R T C O N R F L V I M
C A N N U A L S A T S E R M
R G R B M R W T G T R S Z U
B F L O W E R S T N B T V S

```

By Evelyn Johnson - www.qets.com

| | | |
|-----------|---------|------------|
| Annuals | Grass | Shrubs |
| Bees | Grow | Soil |
| Day | Harvest | Summer |
| Flowers | Hoe | Sunshine |
| Fruit | Night | Trowel |
| Garden | Rain | Vegetables |
| Germinate | Seeds | Water |

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Trevor Carlson



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*homeowner is responsible for paying normal home expense for Taxes, Insurance, HOA, etc.



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Dixie Home Rehab offers skilled home health services and is the only company in Southern Utah that specializes in therapy-driven care for orthopedic patients. We are the area's highest-rated rehab service and employ the most experienced staff in the region.

Phone: 435-628-8347

Dixie Palliative bridges the gap between home health and hospice. We work closely with patients' physicians to coordinate optimal and ongoing treatment for serious, chronic, and life-threatening illnesses.

Phone: 435-673-2051

Dixie Hospice provides complete and uninterrupted home health care for as long as the patient requires.

Signs that hospice may be needed:

Weight Loss • Terminal Illness • Rapid Physical and/or Functional Decline & Disease Progression • Increased Visits to the ER, Hospital or Doctor • Increased Dependence for ADLs (at least 2) • Progression of Cognitive Impairment • Progression Pressure Ulcers in Spite of Optimal Care • Recurrent UTIs & Other Infections • Recurrent Falls

Phone: 435-627-2724



For ad info. call 1-800-950-9952 • www.lpicommunities.com

St. George Utah Senior, St. George, UT

F 4C 05-1049

14 Home & Lifestyle

FIVE COUNTY RSVP PROGRAM CLASSES



THE AREA AGENCY ON AGING- FIVE COUNTY
RSVP PROGRAM PRESENTS:

TAI CHI FOR ARTHRITIS

A FREE Tai Chi class for Seniors

THURSDAYS 1:00 PM - 2:00 PM
ST. GEORGE ACTIVE LIFE CENTER
245 NORTH 200 WEST
ST. GEORGE, UTAH

This class for beginners teaches the basic elements of Tai Chi, helping with coordination, balance, flexibility and more. To register, contact Maria Bailey at (435)673-3548

THE AREA AGENCY ON AGING - FIVE COUNTY
RSVP PROGRAM PRESENTS:

AFEP

Arthritis Foundation Exercise Program

Tuesdays 10:45 - 12:00

at

St. George Active Life Center
245 North 200 West
St. George, Utah



This low impact exercise program is designed to improve functional ability, mobility, muscle strength, coordination as well as reduce fatigue, pain and stiffness



Call for more information
435-673-3548 X103

START A WILL — FOR FREE!

The National Council on Aging (NCOA) is sharing a free resource to help protect the people you love. To make that mission a little more personal, they are introducing a new resource to protect your future: an online tool to write your legal will at no personal cost.

Estate planning is an important task and an easy way to support the people you love. It protects your family, gives you peace of mind, and creates a plan for your future. The website will ask you questions and base your will on your personal situation and wishes. You can even make a funeral plan.

To get started, open an internet browser, type in <https://bit.ly/3ytceH1>, and create your free will.

Cynthia Stewart
Licensed Agent
435-862-7153

Solutions For Seniors
169 West 2710 South Circle #202
Saint George, UT 84790
solutions4LTC@gmail.com

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THE POWER OF THE POTATO



The simple potato is often underrated and overlooked, even villainized in certain food circles. Many low-carb diets shun potatoes because they are high in carbohydrates. Low-fat aficionados associate potatoes only with high fat preparations like French fries and potato chips.

But this tuber is actually a superfood, packed with important vitamins and minerals, a top performer for gut and heart health, and entirely gluten free!

Gut Health Warrior

While it's true that potatoes contain a high amount of carbohydrates, about 26 grams, this shouldn't be a reason to make them a diet outcast. Our brains and red blood cells need those carbohydrates to function. Potatoes are also high in fiber and a good source of resistant starch. Fiber is a key component for healthy digestion, and as resistant starches are broken down, they act as a prebiotic, feeding the good bacteria in our gut. Resistant starches are also linked to improving blood sugar control.

Nutrition Commando

If you think the only way to get enough vitamins and minerals into your diets is to puree vegetables and hide them in brownies, then you're missing out. Try potatoes! You may have heard that potatoes have more potassium than a banana — this is true — but did you know that potassium is essential for muscle, cardiovascular, and nervous system function? Potatoes are also packed with magnesium, calcium, folate, vitamin C, vitamin B6, and 3 grams of plant-based protein. And, while all potatoes contain high levels of antioxidants, potatoes with deep colors contain even higher levels.

To get the most out of your new dinner superstar, vary your colors and preparations. For example, keeping the skins on will increase the overall level of nutrition, and cooking potatoes ahead of time can increase the amount of resistant starch.

Herbs de Provence Roasted Potatoes

- About 2 pounds of colorful potatoes (fingerlings, purple, blue, pink, red skinned, anything you can find at the market)
- 2 tsp Herbs de Provence seasoning
- Salt and pepper to taste
- Olive oil

Scrub your potatoes and cut them into even sized pieces. If they are small, you can usually get away with halving or quartering them. Heat your oven to 400 degrees. Toss the cut potatoes in olive oil, salt, pepper and seasoning blend until nicely coated. Arrange in a single layer on a rimmed baking sheet or glass pan. Roast for about 30 minutes or until edges are crispy golden brown and a toothpick or fork glides easily through the largest pieces. (Article from <https://www.lpicommunities.com/blog>)

GREEK SALAD BAKED POTATOES (Recipe and photo from EatingWell.com)

A lively combination of tomato, onion, olives, oregano and feta cheese works well with the creaminess of potatoes in this healthy Greek take on the loaded baked potato. The potatoes are cooked in the microwave, making this a quick weeknight dinner too! Serves: 4

Directions

Step 1- Pierce potatoes all over with a fork. Place in the microwave and cook at 50% power, turning once or twice, until the potatoes are soft, about 20 minutes. (Or, use the "potato setting" on your microwave and cook according to the manufacturer's instructions.)

Step 2 - Combine tomato, onion, olives, vinegar, olive oil, oregano, salt, and pepper in a bowl.

Step 3 - Slice the potato along the top to expose the creamy interior, then spoon the mixture over the potato and top with feta cheese. Enjoy!



Ingredients

- 4 medium russet potatoes
- 1 large vine-ripened tomato, seeded and diced (about 1 cup)
- 2 tablespoons chopped onion
- 1 tablespoon coarsely chopped black olives, (about 4 olives)
- 2 teaspoons red-wine vinegar
- 1 ½ teaspoons extra-virgin olive oil
- ½ teaspoon dried oregano
- Salt & freshly ground pepper, to taste
- ¼ cup crumbled feta cheese

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LINGUINE WITH CREAMY MUSHROOM SAUCE (.com)



We are fans of Meatless Mondays (or Tuesdays, Wednesdays, etc.) to help us eat less meat and more vegetables. But that doesn't mean that we're willing to give up flavor! We love adding extra fresh herbs from our garden to enhance our recipes. Try this delicious and simple pasta meal any day of the week. We don't think you'll be disappointed.

Serves: 4

Time: 40 Minutes

Ingredients

- 8 ounces whole-wheat linguine pasta
- 2 tablespoons extra-virgin olive oil
- 6 cloves garlic, sliced
- 1 ½ pounds mixed mushrooms, sliced
- 1 cup diced shallots
- 1-2 tablespoons chopped fresh thyme
- 1 cup dry white wine or vegetable broth
- ½ cup sour cream or crème fraîche
- ¼ cup grated Parmesan cheese plus more for garnish
- 1 tablespoon butter
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- Finely chopped fresh parsley for garnish

Directions

Step 1

Bring a large pot of water to a boil over high heat. Cook pasta according to package directions. Reserve 1/2 cup of the pasta water, then drain the pasta.

Step 2

Meanwhile, heat oil and garlic in a large skillet over medium heat until fragrant, about 2 minutes. Add mushrooms, shallots and thyme and increase heat to high. Cook, stirring occasionally, until the liquid the mushrooms release has evaporated and the mushrooms are starting to brown, 11 to 13 minutes.

Step 3

Add wine to the pan and cook until it is reduced by about half, about 3 minutes. Stir in the reserved pasta water, sour cream (or crème fraîche), Parmesan, butter, salt and pepper. Add the pasta and toss to coat. Serve topped with more Parmesan and parsley, if desired.

Nutrition Facts

Serving Size: 1 1/2 Cups Per Serving: 479 calories; protein 16.5g; carbohydrates 58.9g; dietary fiber 7.4g; sugars 7.6g; fat 18.2g; saturated fat 6.3g; cholesterol 26.1mg; vitamin a iu 750.4IU; vitamin c 9.4mg; folate 84.5mcg; calcium 120.8mg; iron 3.8mg; magnesium 108.7mg; potassium 1025.8mg; sodium 409.2mg.

(Recipe and photo from EatingWell.com)



Deer Park

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20 Monthly Menu

ST. GEORGE ACTIVE LIFE CENTER

June 2021

| TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 2 | 3 | 4 |
| Open Faced Turkey Sandwich with Poultry Gravy Mashed Potatoes Green Beans and Onions Mixed Green Salad Texas Bread Ambrosia Salad Milk Salad Dressing | Swiss Steak Confetti Rice Bahamas Vegetables Spinach Salad Dinner Roll Seasonal Fruit Milk Margarine Salad Dressing | Chicken Fajitas Shredded Cheese Lettuce & Tomato Black Beans Fiesta Vegetables Flour Tortilla Peaches Milk Taco Sauce | Homemade Meatloaf with Au Jus Scalloped Potatoes Green Peas Spinach Salad Dinner Roll Tropical Fruit Cocktail Milk Margarine Salad Dressing |
| 8 | 9 | 10 | 11 |
| Creole Steak Okra & Tomatoes Buttermilk Potatoes Cornbread Seasonal Fruit Milk Margarine | Hawaiian Chicken Haystack White Rice Peas and Carrots Japanese Vegetables Pineapple Tidbits Milk | Salisbury Steak Mashed Potatoes Spinach Beet Salad Saltine Crackers Strawberry Fruited Gelatin Milk | Chicken Dumplings Mixed Vegetables Mixed Green Salad Biscuit Seasonal Fruit Milk Salad Dressing |
| 15 | 16 | 17 | 18 |
| Smothered Chicken Au Gratin Potatoes Green Beans Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine | Spaghetti and Meatballs Broccoli Mixed Green Salad Dinner Roll Grapes Milk Margarine Salad Dressing | BBQ Pulled Pork Baked Beans Coleslaw Hamburger Bun Hot Cinnamon Applesauce Milk | Father's Day Meal Roast Beef with Au Jus Gravy Baked Potato Whole Kernel Corn Seasonal Fruit Sugar Cookie Milk Diet - Vanilla Wafers Shredded Cheese Margarine Sour Cream |
| 22 | 23 | 24 | 25 |
| Swedish Meatballs Egg Noodles Green Peas Parslied Carrots Texas Bread Seasonal Fruit Milk Margarine | Baked Fish with Creamy Dill Sauce Twice Whipped Potatoes Mixed Vegetables Dinner Roll Pineapple Tidbits Milk | Beef Patty Lettuce Tomato Onion Pickles Crinkle Cut French Fries Hamburger Bun Hot Spiced Apples Milk Mustard Ketchup | Cheese Ravioli with Marinara Sauce California Vegetables Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Salad Dressing |
| 29 | 30 | | |
| Country Fried Steak with Country Gravy Mashed Potatoes Stewed Tomatoes Pineapple Slaw Biscuit Milk Sugar Cookie Diet - Vanilla Wafers | Minestrone with Italian Sausage Soup Mixed Green Salad Fluffy Fruit Salad Dinner Roll Chocolate Chip Cookies Milk Diet - Vanilla Wafers Salad Dressing | | A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Milk and Bread served with all meals. Follow Us on Facebook @triocommunitymeals.com |